

# Army Community Service

October Calendar

## Army Volunteer Corps

VMIS Orientation | 1, 15 | 1330-1400

OPOC Training | 1, 15 | 1400-1430

## Employment Readiness Program

Resume Writing for the Private Sector | 1 | 1000-1200

Military Spouse Lunch & Learn Series | 4 | 1100-1200



Employment Jumpstart for the Military Spouse | 11 | 1000-1130

Ten Steps to a Federal Job | 16 | 0900-1130

Building your Federal Resume in USAJOBS- Military

Spouse Edition | 22 | 0900-1130

## Exceptional Family Member Program

EFMP Pop Up Office | 7, 21, 28 | 1100-1200

EFMP Sensory Fun Zone | 4, 18 | 0900-1030 | 9, 23 | 1430-1600

ADHD Parent Support Group | 8 | 1000-1100

EFMP Movie Day | 8 | 1430-1630

EFMP Spouses Step Out | 11 | 0800-1000

EFMP Sensory Friendly Pool Day | 22 | 0900-1100

## Family Advocacy Program

The Five Love Languages for Kids | 2 | 1200-1300

Fundamentals of a Healthy Relationship | 4 | 1200-1300

The Balance of Life | 9 | 1200-1300

Little People, Big Feelings | 16 | 1200-1300

Mind Matters | 23 | 1200-1300

FAP Playgroups 1000-1200 Every Tuesday at

Schofield Barracks Library

\*Wheeler CC: 3, 17 | HMR Chapel: 10, 24 | \*

## Financial Readiness Program

Vesting in the TSP | 2 | 1000-1130

Continuation Pay | 9 | 1000-1130

Disabling Sickness or Condition | 16 | 1000-1130

Divorce Milestone | 23 | 1000-1130

Marriage Milestone | 30 | 1000-1130

## Mobilization, Deployment, & Stability Support Operations

SFRG Leader/Co-Leader | 2 | 0930-1530

SFRG Informal Fund Custodian | 9 | 1300-1600

SFRG Key Contact | 16 | 1400-1600

Command Family Readiness Representative (CFRR) | 23 | 0930-1530

## New Parent Support Program

Understanding Breastfeeding | 3 | 1300-1530

Infant CPR & Choking | 10 | 1100-1230

Newborn Care Class | 10 | 1300-1530

Childbirth & Postpartum Care | 17 | 1100-1230

Creating Healthy & Safe Environments | 17 | 1300-1530

## Relocation Readiness Program

Sponsorship Training | 10 | 1330-1430

Coffee, Culture and Crafts | 28 | 1000-1130

ACS Board Bootcamp | 28 | 1200-1230

October 2024						
SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14 	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

**ACS Closed:**

14 October: Columbus Day

**Scan Me!**



**Sign up for a Class!**



# ACS Class Descriptions

Army Volunteer Corps	<ul style="list-style-type: none"> <li>• <b>VMIS:</b> Volunteer Management Information System - Learn how to use the program to track your volunteer service record.</li> <li>• <b>OPOC Training:</b> Organization Point of Contact - Learn how to use the new volunteer tracking program to manage your volunteers!</li> </ul>
Employment Readiness Program	<ul style="list-style-type: none"> <li>• <b>Building Your Federal Resume in USAJOBS/Military Spouse Edition:</b> Walk through USAJOBS' Resume Builder tool and learn valuable tips for applying for a federal position.</li> <li>• <b>Resume Writing for the Private Sector:</b> Create or update your resume for a private sector job, choose the best format, target your resume to the position, and write effective accomplishment bullets.</li> <li>• <b>Employment Jumpstart for the Military Spouse:</b> Learn about important information, resources, and services to assist you with your job search.</li> <li>• <b>Ten Steps to a Federal Resume:</b> Learn the key steps involved in the federal job search process from deciding which jobs to apply for and finding vacancy announcements to targeting your federal resume with the required specialized experience in order to be rated "Best Qualified" for the position.</li> <li>• <b>Military Spouse Lunch and Learn Series:</b> Pack a lunch and join us the first Friday of each month as we discuss different employment topics.</li> </ul>
Exceptional Family Member Program	<ul style="list-style-type: none"> <li>• <b>ADHD Parent Support Group:</b> Join other parents of kids with ADHD to share challenges in a safe and supportive space every 2nd Tuesday of the month.</li> <li>• <b>Pool Day:</b> Enjoy the pool without the crowds, noise, or music.</li> <li>• <b>Sensory Fun Zone:</b> EFMP's sensory friendly playroom open to ages 0-6 twice monthly.</li> <li>• <b>Movie Day:</b> Watch a movie with other EFM's</li> <li>• <b>Pop Up Office:</b> Answering all your EFMP questions.</li> </ul>
Family Advocacy Program	<ul style="list-style-type: none"> <li>• <b>Fundamentals of a Healthy Relationship:</b> Learn and identify ways to strengthen your daily relationships rather you're married or single</li> <li>• <b>Mind Matters:</b> Learn and identify ways to strengthen your mental state while creating a healthier mindset and learning ways to relieve stress and anger.</li> <li>• <b>Little People, Big Feelings:</b> Learn and identify ways to strengthen your parenting skills and help your kiddos navigate through their emotions.</li> <li>• <b>Balance of Life:</b> Come join us to learn the importance of balance in our daily lives.</li> <li>• <b>The 5 Love Languages for Kids:</b> As a parent, our top priority is to love our children well. Let us help you not only learn but understand your child's love language.</li> <li>• <b>Play Groups:</b> Fun, games and activities held at every Tuesday at Schofield Barracks Library, Every 3<sup>rd</sup> Thursday on HMR and 4<sup>th</sup> Thursday on Ft. Shafter 1000-1200</li> </ul>
Financial Readiness Program	<ul style="list-style-type: none"> <li>• <b>Marriage Milestone:</b> Learn how you and your new spouse can organize your finances efficiently and work through many of the other changes that come with your new status.</li> <li>• <b>Promotion Milestone:</b> This class can help you organize and efficiently work through many of the financial questions you might have about your situation.</li> <li>• <b>First Child Milestone:</b> This class can help soldiers and families organize their finances efficiently as they work through the many changes that come with a new birth or adoption..</li> <li>• <b>PCS Milestone:</b> This class can help address the main financial considerations of a PCS and help a soldier make sound financial decisions.</li> </ul>
Mobilization, Deployment, & Stability Support Operations	<ul style="list-style-type: none"> <li>• <b>Command Family Readiness Representative (CFFR)</b> identify and define support to the SFRG membership.</li> <li>• <b>SFRG Command Teams:</b> Learn about responsibilities and roles, the Family Readiness Plan, and Appropriated and SFRG informal funds.</li> <li>• <b>SFRG Family Readiness Advisor:</b> Designed to identify, define, and understand components of successful SFRG operations.</li> <li>• <b>SFRG Leader/Co-Leader:</b> Identify SFRG's role in the Family Readiness Team, understand &amp; identify mission-essential activities.</li> <li>• <b>SFRG Key Contact:</b> Provide training in roles and responsibilities when communicating with Family Members.</li> <li>• <b>SFRG Informal Fund Custodian:</b> Learn authorized uses of SFRG informal funds, define roles, responsibilities, processes, and requirements.</li> </ul>
New Parent Support Program	<ul style="list-style-type: none"> <li>• <b>Newborn Care Class:</b> Learn the basics of caring for your newborn: diaper changes, feeding, adjusting to parenthood, safety, &amp; more.</li> <li>• <b>Understanding Breastfeeding Class:</b> Learn essential information on the benefits and basics of breastfeeding for mom and the baby.</li> <li>• <b>Fatherhood Forum:</b> A place to connect &amp; share ideas, successes and challenges of being a dad</li> <li>• <b>Postpartum Care:</b> This covers physical, mental, &amp; emotional health recovery after birth</li> <li>• <b>Creating Healthy &amp; Safe Environments:</b> Children and families thrive when they have access to safe and healthy home environments.</li> <li>• <b>Childbirth:</b> This covers stages of labor, comfort techniques, infant attachment and so much more</li> <li>• <b>Infant CPR:</b> This American Heart Association Family &amp; Friends CPR course teaches hands on CPR lifesavings skills.</li> <li>• <b>Mom Life Social:</b> Share your joy, tips and questions with other Moms, develop friendships &amp; support during this monthly gathering.</li> <li>• <b>Co-Parenting: Working Together for Your Children:</b> Find strategies to help you and your co-parent understand each other better, evaluate your relationship, and work together as a cohesive team to support your child in the best possible way.</li> <li>• <b>Infant Massage:</b> Join us for a 5-week course and learn about the power of touch in bonding with your baby, the benefits of massage in circulation, digestion, and emotional well-being.</li> <li>• <b>Effective Discipline:</b> This workshop provides disciplinary techniques for the purpose of behavioral modifications of infant, children and youth.</li> </ul>
Relocation Readiness Program	<ul style="list-style-type: none"> <li>• <b>Sponsorship Training:</b> Learn how to meet sponsorship requirements and connect the Newcomer with local and community resources.</li> <li>• <b>Coffee, Culture &amp; Craft:</b> While enjoying coffee, learn about the local culture and make a traditional craft.</li> <li>• <b>ACS Board Bootcamp:</b> Prepare for your board by getting an overview of all the programs at ACS and what they have to offer you.</li> </ul>